



Cohoes Judo

Technical Rank Requirements for Junior 2nd Degree (Yellow Belt w/ Stripe)



- **All Technical Requirements for**
 - Junior 1st Degree (Yellow Belt)

Plus the Following:

- **Nage Waza:** Throwing Techniques
 - **Goshi:** Major Hip Throw
 - **De Ashi Harai:** Advancing Foot Sweep
 - **Uchi Gari:** Major Inner Reap
- **Renraku Waza:** Combination Techniques
 - Any 2 Combination Throws
- **Kaeshi Waza:** Counter Techniques
 - Any 2 Counter Throws
- **Osaekomi Waza:** Pinning (Hold-Down) Techniques
 - **Kuzure Kesa Gatame:** Modified Scarf Hold
 - 1 Escape from Kuzure Kesa Gatame
- **Other Judo Skills**
 - **Counting:** 1-10 in Japanese
 - **Katame Waza (Grappling Techniques):** 2 entries into matwork when Uke is on hands & knees
 - **Bogyo (Defense):** demonstrate defenses against the throwing techniques listed above